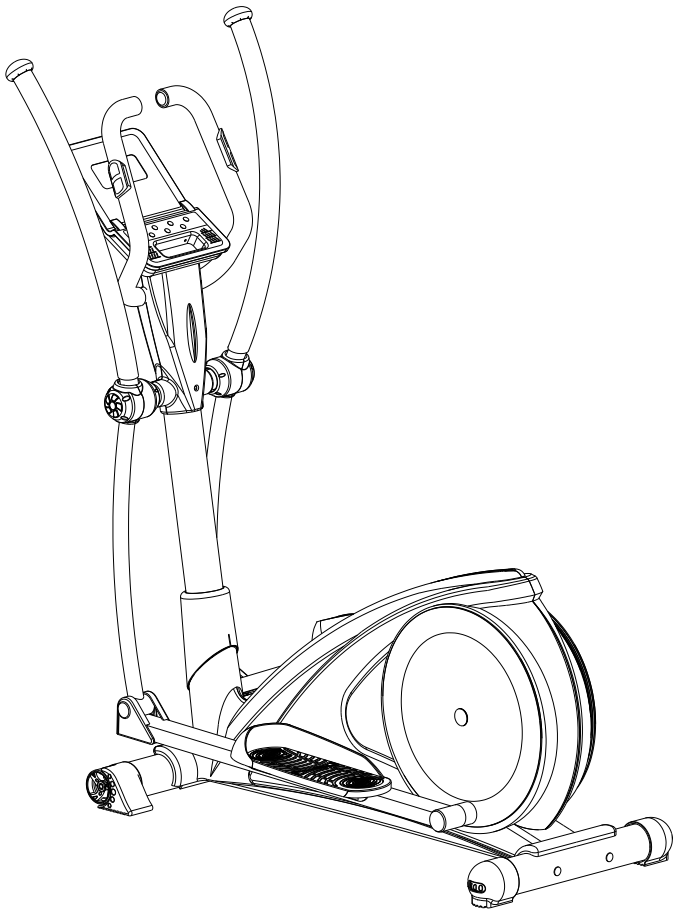
USER'S MANUAL
for
580



BUILT FOR HEALTH

SAFETY INSTRUCTIONS

•
To ensure the best safety of the exerciser, regularly check it on damages and worn parts.

• If you pass on this exerciser to another person or if you allow another person to use it, make sure that that person is familiar with the content and instructions in these instructions.

• Only one person should use the exerciser at a time.

• Before the first use and regularly make sure that all screws, bolts and other joints are properly tightened and firmly seated.

• Before you start your work-out, remove all sharp-edged objects around the exerciser.

• Only use the exercise for your work-out if it works flawlessly.

• Any broken, worn or defective part must immediately be replaced and/or the exerciser must no longer be used until it has been properly maintained and repaired.

• Parents and other supervisory persons should be aware of their responsibility, due to situations which may arise for which the exerciser has not been designed and which may occur due to children's natural play instinct and interest in experimenting.

• If you do allow children to use this exerciser, be sure to take into consideration and assess their mental and physical condition and development, and above all their temperament. Children should use the exerciser only under adult supervision and be instructed on the correct and proper use of the exerciser. The exerciser is not a toy.

• Make sure there is sufficient free space around the exerciser when you set it up.

• To avoid possible accidents, do not allow children to approach the exerciser without supervision, since they may use it in a way for which it is not intended due to their natural play instinct and interest in experimenting.

• Please note that an improper and excessive work-out may be harmful to your health.

• Please note that levers amd other adjustment mechanisms are not projecting into the area of movement during the work-out.

• When setting up the exerciser, please make sure that the exerciser is standing in a stable way and that any possible unevenness of the floor is evened out.

• Always wear appropriate clothing and shoes which are suitable for your work-out on the exerciser. The clothes must be designed in a way so that they will not get caught in any part of the exerciser during the work-out due to their form (for example, length). Be sure to wear appropriate shoes which are suitable for the work-out, firmly support the feet and which are provided with a non-slip sole.

• Be sure to consult a physician before you start any exercise program. He may give you proper hints and advice with respect to the individual intensity of stress for you as well as to your work-out and sensible eating habits.

- Assemble the exerciser as per assembly instructions and be sure to only use the strucutral parts provided with the exerciser and designed for it. Prior to the assembly, make sure the contents of the delivery is complete by referring to the parts list of the assembly and operating instructions.

- Be sure to set up the exerciser in a dry and even place and always protect it from humidity. If you wish to protect the place particularly against pressure points, contamination, etc., it is recommended to put a suitable, non-slip mat under the exercise

- The general rule is that exercisers and training devices are no toys. Therefore, they must only be used by properly informed or instructed persons.

•Stop your work-out immediately in case of dizziness, nausea, chest pain or any other physical symptoms. In case of doubt, consult your physician immediately.

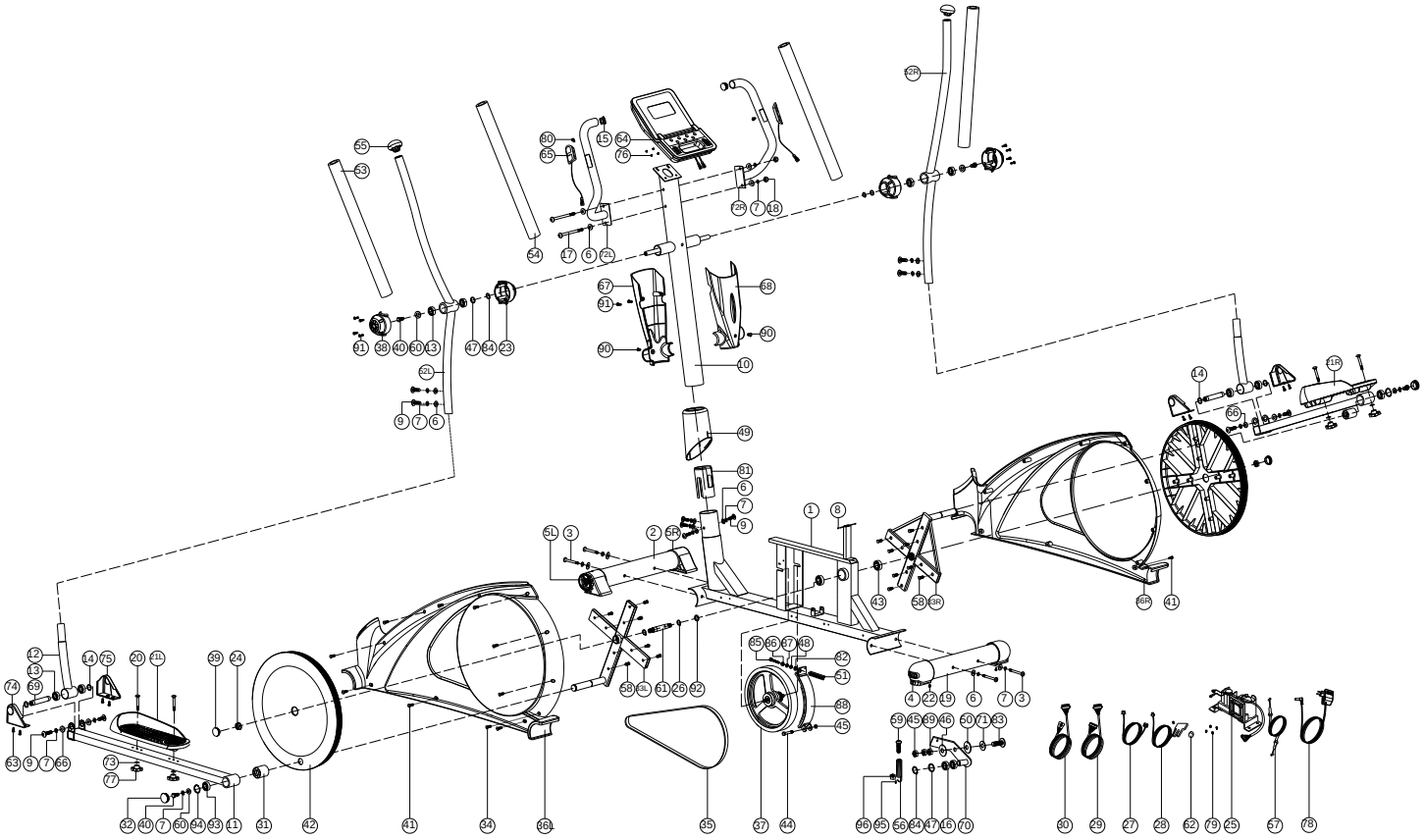
•Children, disabled and hadicapped persons should use the exercise only under supervision and in presence of another person who may give support and useful instructions.

•Be sure that your body parts and those of other persons are never close to any moving parts of the exerciser during its use.

•When adjusting the adjustable parts, make sure they are adjusted properly and note the marked, maximum adjusting position, for example of the saddle support, respectively.

•Do not work out immediately after meals!

EXPLODED DRAWING

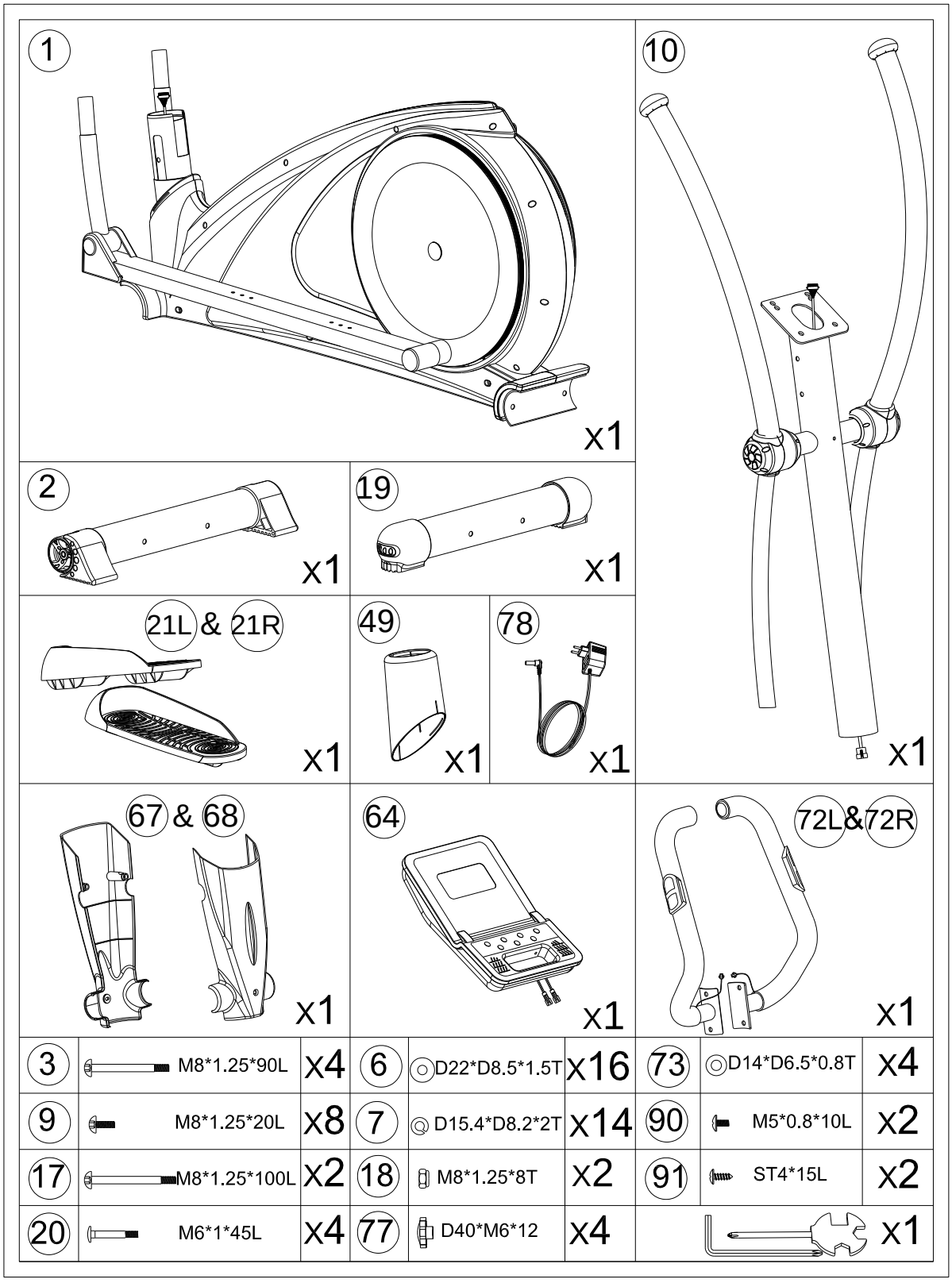


Part List

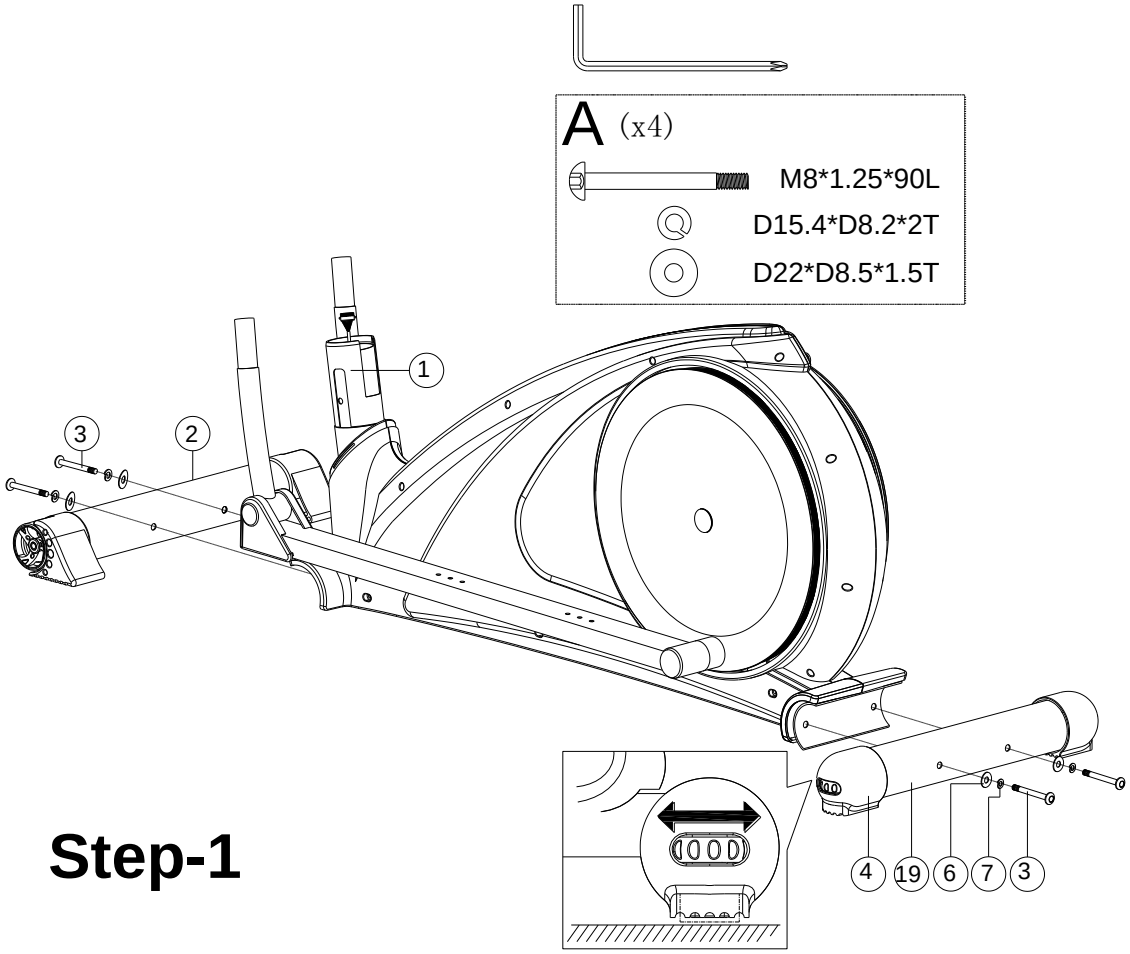
part no.	description	specification	q'ty
1	Main frame		1
2	Front stabilizer	D76x1.5Tx480L	1
3	Allen bolt M8*90L	M8x1.25x90L	4
4	Rear foot cap	D76*86	2
5L	Front foot cap (left)	D76*120L	1
5R	Front foot cap (right)	D76*120L	1
6	Curved washer D22*D8.5*1.5T	D22xD8.5x1.5T	16
7	Spring washer D15.4*D8.2*2T	D15.4xD8.2x2T	14
8	Buffer	D9*D5.8*13	3
9	Allen bolt M8*20L	M8x1.25x20L	8
10	Front post		1
11	Pedal supporting tube		2
12	movable supporting tube		2
13	Bearing	#99502ZZ	8
14	flat washer	D23*D17*1.2T	4
15	round end cap	D1"*17.5L	2
16	Bearing	#99502	2
17	Allen bolt M8*100L	M8x1.25x100L	2
18	Nylon nut M8	M8*1.25*8T	2
19	Rear stabilizer	D76x1.5Tx480L	1
20	Squre neck bolt M6*45L	M6*1*45L	4
21L	Left pedal	420*130*85	1
21R	Right pedal	420*130*85	1
22	Cross screw	ST4x1.41x10.L	2
23	upper left foot cap	80*55*87	2
24	Anti-loose nut	M10*1.25*10T	2
25	motor		1
26	C-shape ring D22.5*D18.5*1.2T	D22.5*D18.5*1.2T	2
27	Electric cable	850L	1
28	Sensor cable	900L	1
29	Computer cable（UPPER）	1000L	1
30	Computer cable（LOWER）	350L	1
31	pedal axle cover	D46x44	2
32	round end cap	D45*15	2
33L	left crank welding sets		1
33R	right crank welding sets		1
34	round cross screw	ST4x1.41x20L	7
35	poly belt	1651 pj6	1
36L	Left rear chain cover	1137.9*598.3*98	1
36R	Right rear chain cover	1137.9*598.3*102	1
37	Flywheel	D300*32	1
38	right upper foot cap	80*50*87	2
39	Screw cover	D36*16	2
40	Bolt M8*20L	M8x1.25x20	4
41	Cross screw	ST4.2*20L	6
42	Round disc	D456*29	2
43	Bearing	#6004ZZ	2
44	Bolt	M8*52L	1
45	Nylon Nut	M8*1.25*8T	2
46	Flat washer	D50*D10*1.0T	1
47	Waved washer	D21xD16.2x0.3T	3
48	Flat washer	D13*D6.5*1.0T	1
49	upper protective cover	D100*210	1
50	flat washer	D50*D10*3T	1
51	spring	D1.0*55L	1
52L	left Movable handlebar support		1
52R	right Movable handlebar support		1
53	Foam for moving handlebar	D30x3Tx680L	2
54	Foam for fixed handlebar	D23x5Tx530L,HDR	2

55	Mushroom cap	D1 1/4"*45L	2
56	Extension spring	D3*D19*67L	1
57	tension cable	D1.5x800L	1
58	Blot M6*15L	M6*1.0*15L	16
59	Blot M8*35L	M8*1.25*35L	1
60	Flat washer	D21*D8.5*1.5T	4
61	Crank axle	D20*116L	1
62	Magnet	M02	1
63	Cross screw	ST3.5*1.27*15L	8
64	Computer	SM-2690-76,CLASS A	1
65	handpulse	WP1007-12B(D22.2)	2
	Pulse cable	600L	2
66	flat washer	D25xD8.5x2T	4
67	rear computer cage	340*150*50	1
68	front computer cage	380*150*50	1
69	front pedal axle	D15.83*63.2L	2
70	fixing plate for idle wheel		1
71	flat washer	D28*D8.5*3T	1
72L	left fixed handlebar		1
72R	right fixed handlebar		1
73	flat washer	D14xD6.5x0.8T	4
74	left protective cover	115x95x43	2
75	right protective cover	115x95x43	2
76	Cross screw	M5*0.8*10L	4
77	knob	D40*M6*12	4
78	Adaptor	9V	1
79	Cross screw	ST4.2x1.4x20L	4
80	round cross screw	ST4x1.41x20L	2
81	insert plug	D71.5*108L	1
82	nylon nut	M6*1*6T	1
83	allen bolt	M8x1.25x30L	1
84	c ring	S-16(1T)	3
85	bolt	M6*65L	1
86	nut	M6*1*6T	1
87	nylon washer	D6*D19*1.5T	1
88	fixing plate for magnet		1
89	nut	M8*1.25*6T	2
90	round cross screw	M5x0.8x10L	2
91	round cross screw	ST4x1.41x15L	12
92	Waved washer	D27*D21*0.3T	1
93	Bearing	#2203-2RS	2
94	c ring	S-40(1.8T) D40	2
95	plastic cover	D3*30L	1
96	fixing nut	D15*13L	1

CHECKLIST (CONTENTS OF PACKAGE)

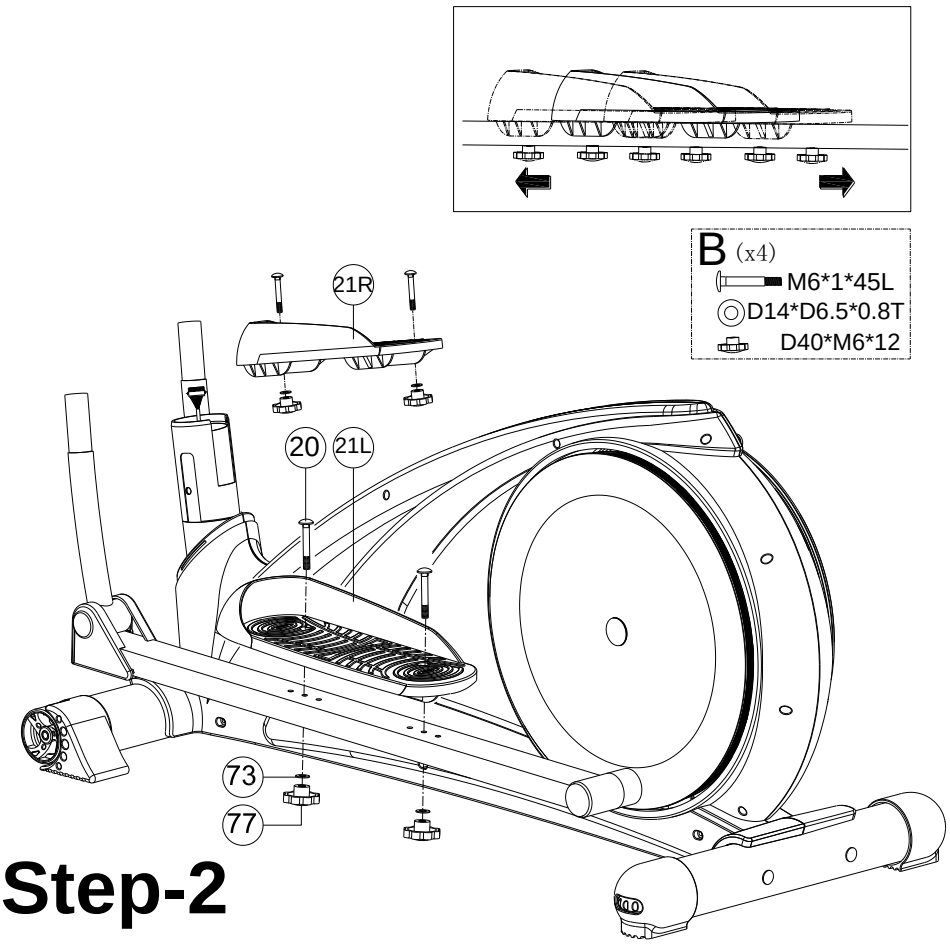


STEP 1



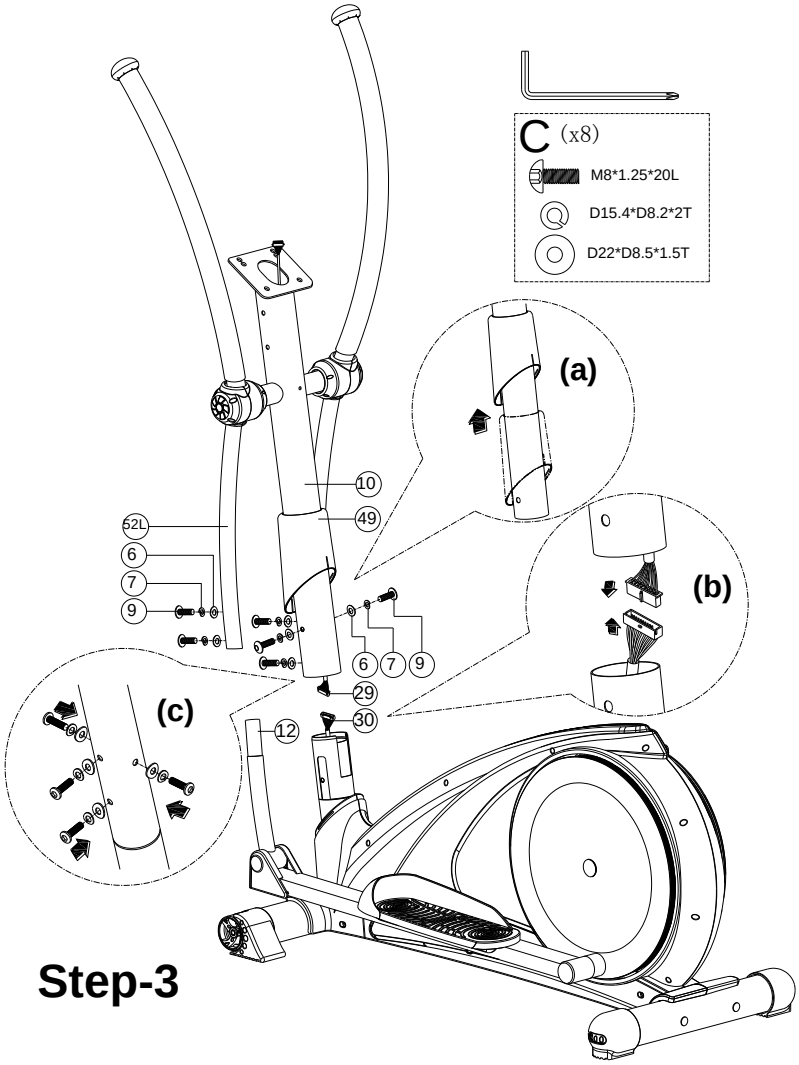
1) Assemble the front stabilizer (2) and rear stabilizer (19) onto the main frame (1) by using the square neck bolt (3), the curved washer (6) and the spring washer (7).
2) Adjust the proper height by turning the wheel of rear foot cap (4).

STEP 2



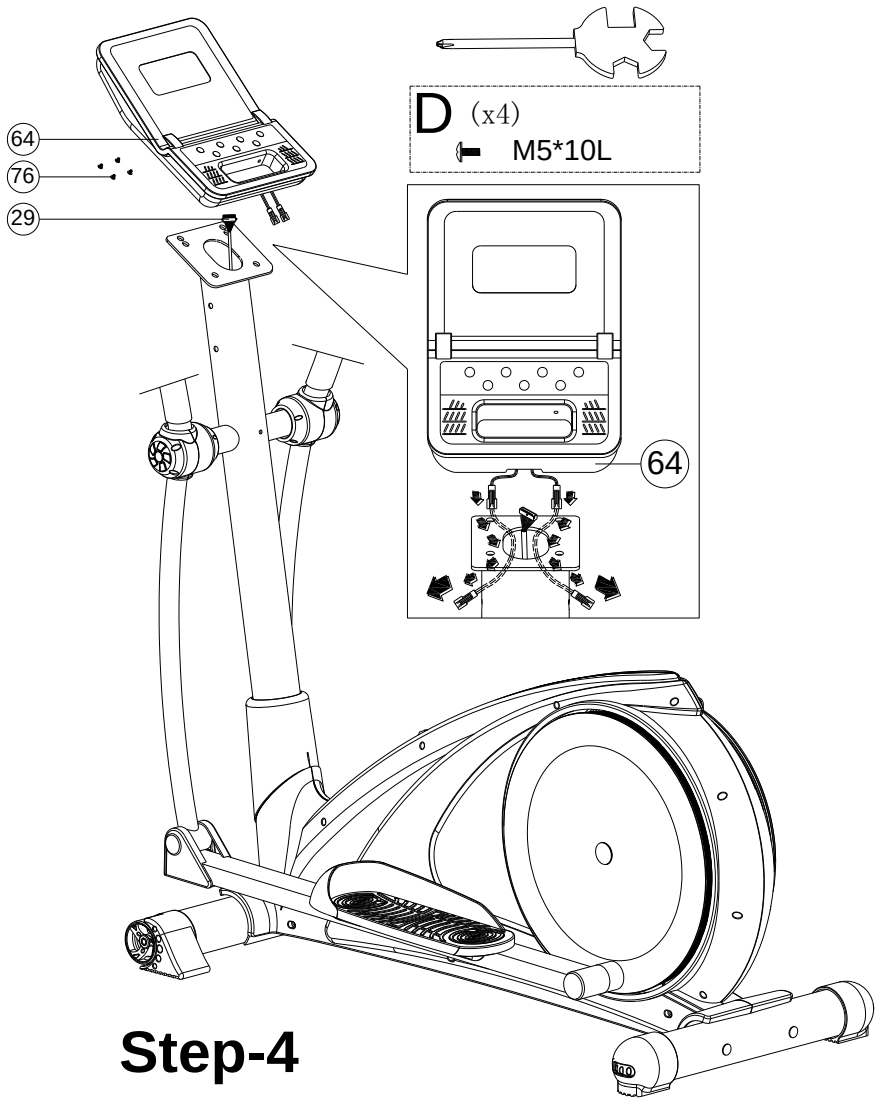
1) Assemble the left and right pedal (21L&21R) on the pedal supporting tube (11) by using the screw (20),flat washer (73) and knob (77).
2) 3 optional positions for the pedals

STEP 3



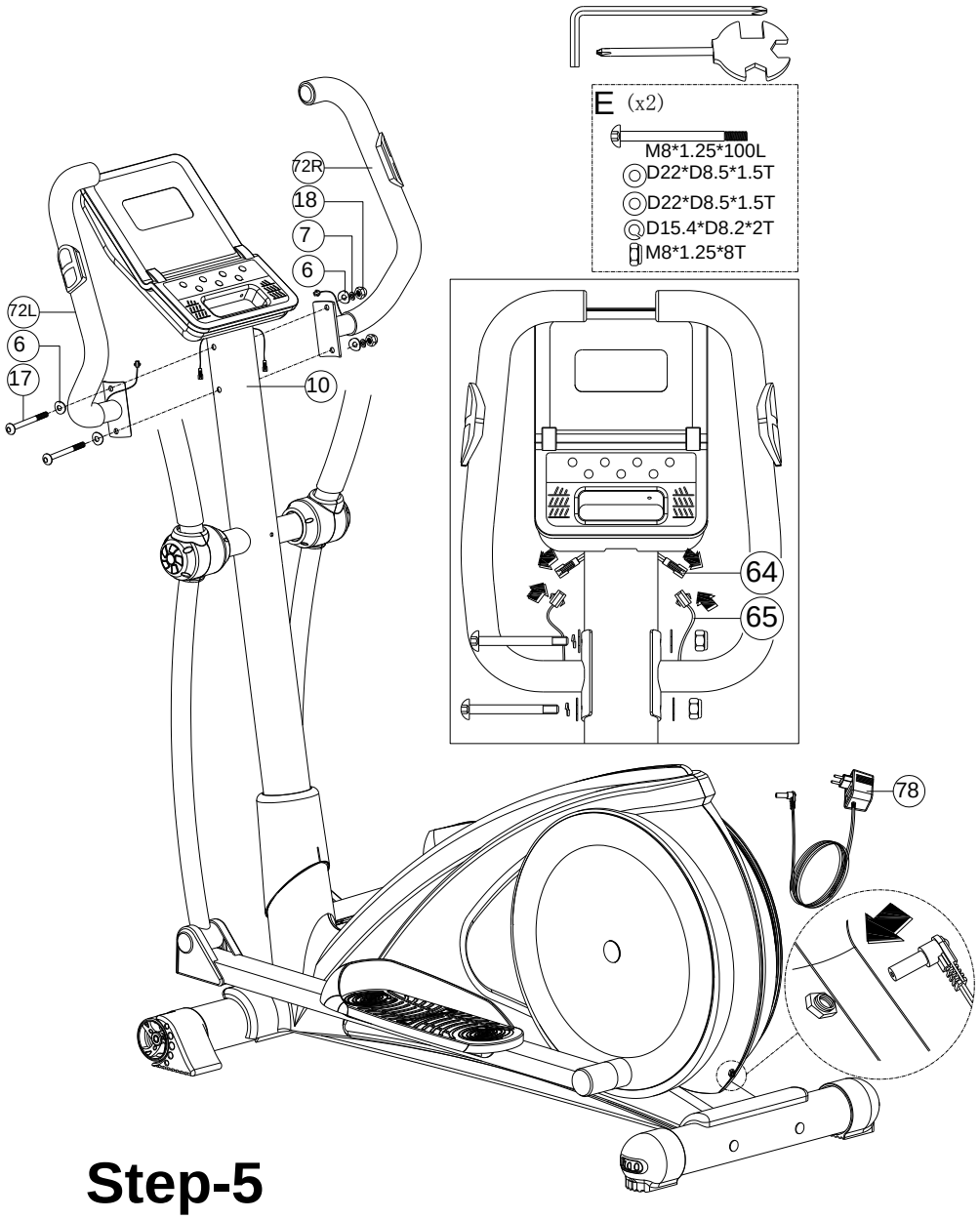
1) Suggest assembling this step by two persons.
2) First, lift up the cover for handlebar post (49) like fig. (a), then connect computer cable (29 & 30) like fig.(b)
3) Insert the handlebar post (10) on the main frame and tighten it like fig. (c) by using the curved washer (6), the spring washer (7) and the Allen bolt (9). Place down the cover for handlebar post (49) and make it tight on the main frame.
4) Assemble the left and right movable handlebar (52L&52R) on the movable handlebar support (12) by using the curved washer (6), the spring washer (7) and the Allen bolt (9) like fig.

STEP 4



1) Connect the computer cable (29) with the computer (64), then fix the computer (64) on the handlebar post (10) by using the screws(76).

STEP 5



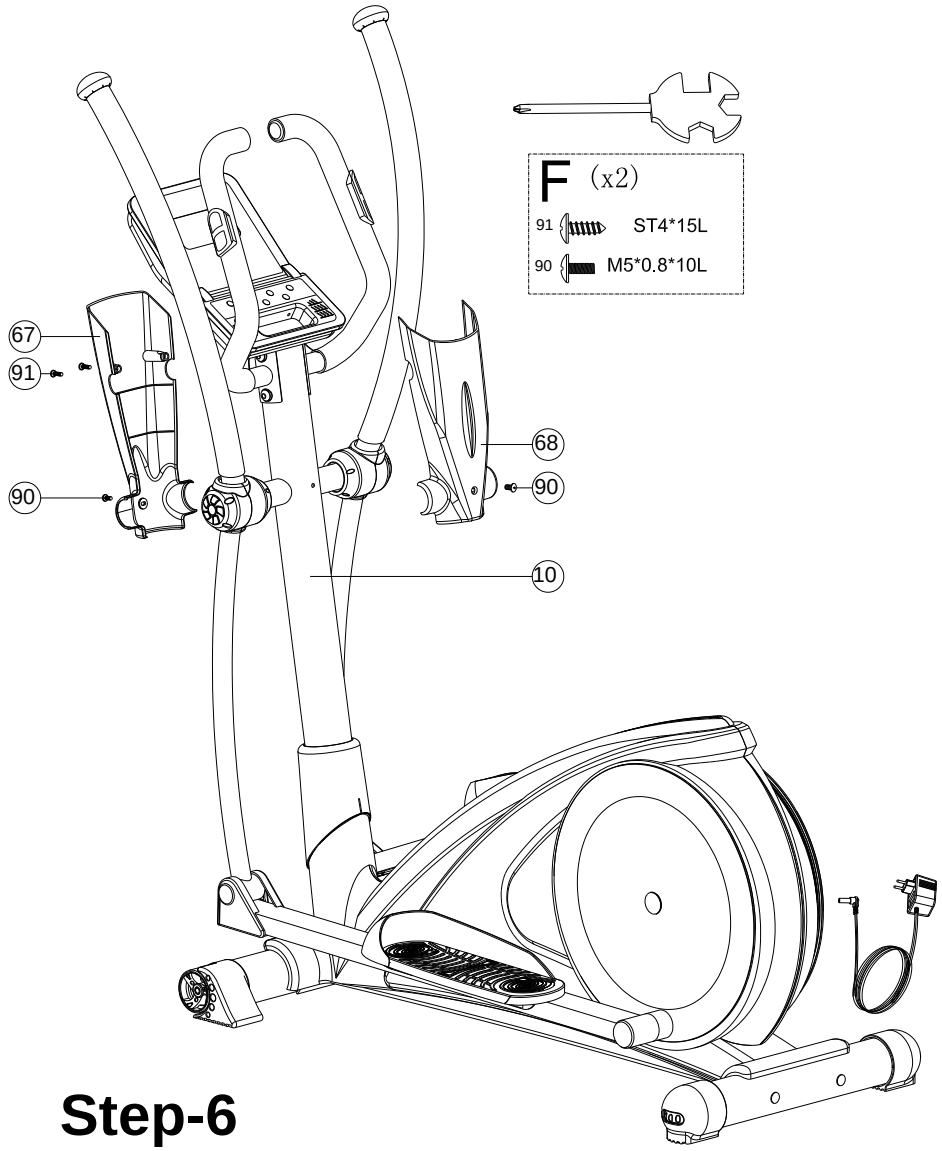
Step-5

1） Assemble the left and right fixed handlebar (72L &72R) on the handlebar post (10) by using the Allen bolt (17), the curved washer (6), the spring washer (7) and the domed nut (18).

2） Connect the pulse cable (65) with computer (64)

3） Insert the adaptor(76) into the electric socket

Step 6



1) Fix the front computer cage (68) & rear computer cage (67) on the front post (10) using screws (90&91).

SM2690-67 Instruction Manual

BUTTON FUNCTIONS：

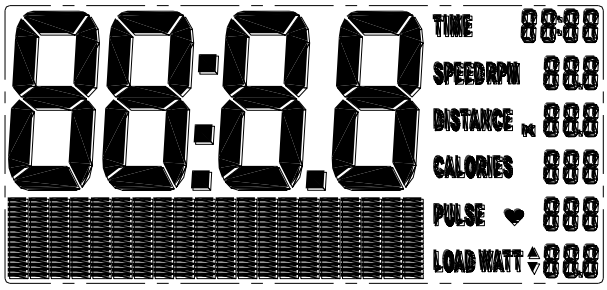
UP	To increase the function value.
DOWN	To decrease the function value.
MODE	To confirm the setting value.
RESET	To clear the setting value and reverse to exercise selection main menu.
START/STOP	To start or stop training
RECOVERY	To test hear rate recovery status.
TOTAL RESET	To power on the computer again

DISPLAY FUNCTIONS：

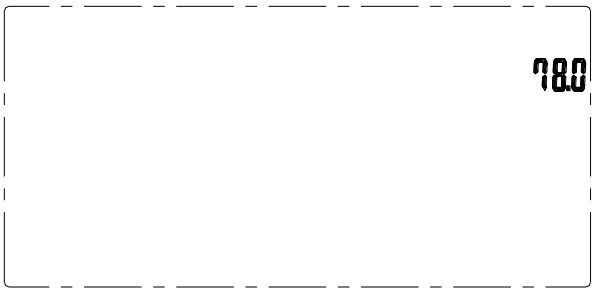
TIME	Count up – Without preset target time, computer will count up from 00:00, with 1 second increment. Count down – With preset target time, computer will cound down to 00:00 and remind user by long beep sound for 8 seconds in STOP mode.
SPEED	Display current training speed from 0.0 to maximum 99.9 km or ml.
RPM	Display current training rotation per minute.
DISTANCE	Count up – Without preset target distance, computer will count up from 0.00, with 0.1km increment. Count down – With preset target distance, computer will cound down to 0.00 and remind user by long beep sound for 8 seconds in STOP mode.
CALORIES	Count up – Without preset target calories, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down – With preset target calories, computer will count down to 0 and remind user by long beep sound for 8 seconds in STOP mode.
PULSE	The computer will display pulse figure when receive the heart rate signal from handgrip sensor.
WATT	Display current training watt figures.
RECOVERY	After work out, press “RECOVERY” button: Computer will start counting down from 00:60 to 00:00, and detecting the heart rate recovery status measurment. When reach to 00:00, computer will display the result by showing F1, F2 --- to F6. (F1 indicated the best heart rate performance, and F6 is the worst) Press the RECOVERY button again reverse to exercise program selection main menu.

OPERATE INSTRUCTION:

1. Power on, LCD will display segment for 2 seconds with long beep sound. (drawing1), and display wheel diameter (drawing2).

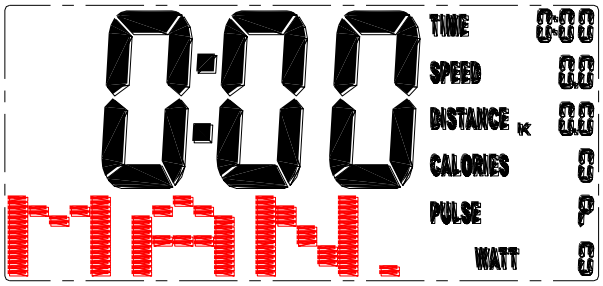


drawing 1



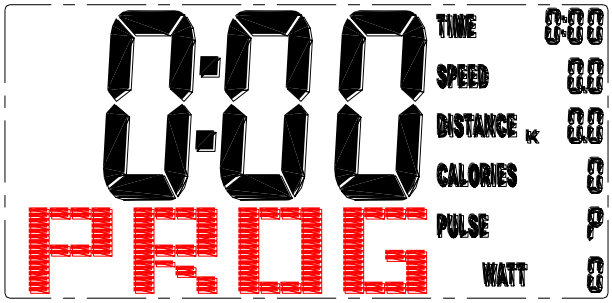
drawing 2

2. Preset User data from User 1 to User 4 (SEX, WEIGHT, HEIGHT and AGE) ; screen will enter standby mode.



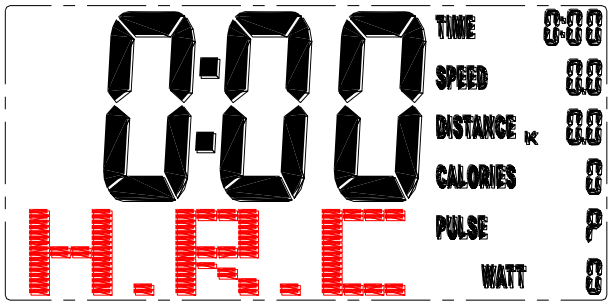
drawing 3

3. Manual is glittering in the sleep mode, (drawing 3)， you may press UP and DOWN to select training mode MANUAL / PROGRAM / USER PROGRAM / H.R.C. / WATT (drawing 4~7) and press MODE for confirmation. The monitor will enter MANUAL mode for training without selection.

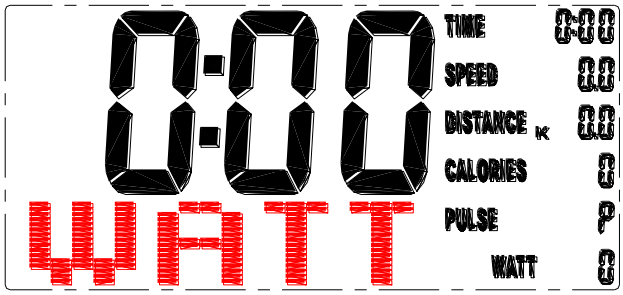


drawing 4

drawing 5



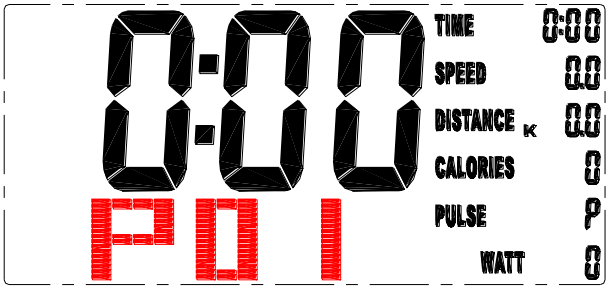
drawing 6



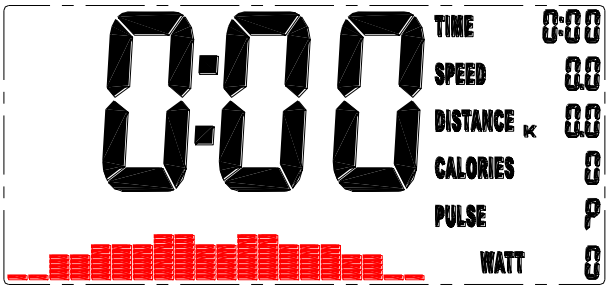
drawing 7

4. Training in PROGRAM mode :

4-1 In the PROGRAM mode, you may press UP/DOWN button to select program P01,P02,P03..~P12, the selected program will be show on screen for 2 seconds then display program profile accordingly. (drawing 8-9)。



drawing 8



drawing 9

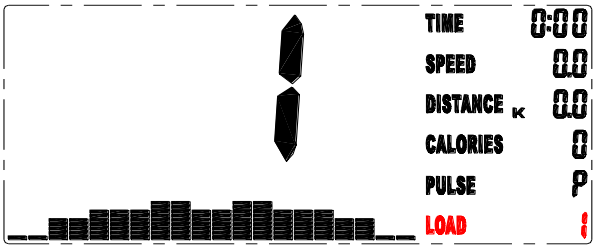
4-2 LOAD 1 (preset value) is glittering after training program selected, you may press UP/DOWN button to select level from 1 to 16 and MODE button for confirmation. (drawing 10)

Load level can be adjusted during training.

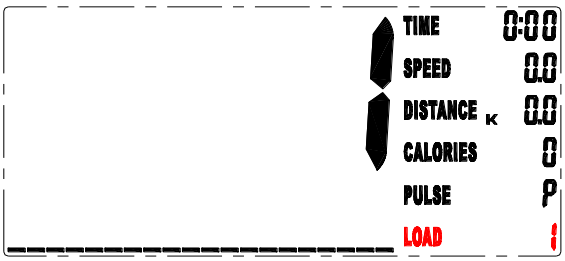
5. Training in MANUAL mode

5-1 In the MANUAL mode, you may press UP/DOWN button to select load level from 1 to 16, the

preset level is 1. (drawing 11)。



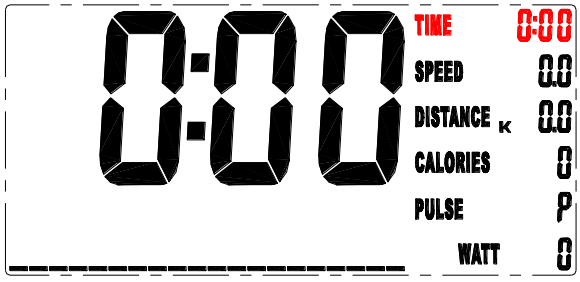
darwing 10



drawing 11

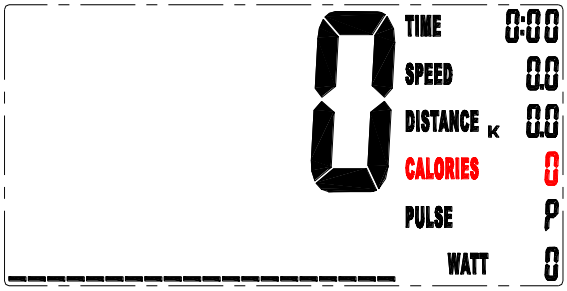
5-2 After load level selected, you may preset function values for TIME, DISTANCE, CALORIES, and PULSE by pressing UP/DOWN button and press MODE for confirmation. (drawing 12~15)

5-3 Pressing START button to start training.

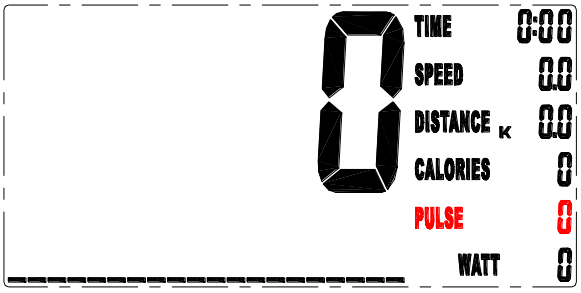


drawing 12

drawing 13



drawing 14



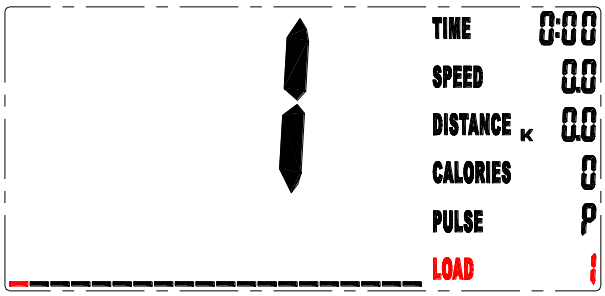
drawing 15

6. Training in USER PROGRAM：

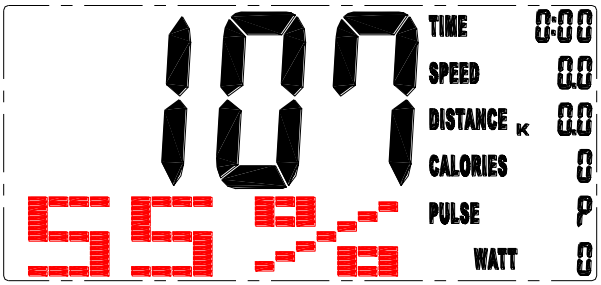
6-1 After USER PROGRAM selected, you may set prefer program profile by pressing UP, DOWN and MODE button for each flashing column. There are 20 segments for setting, if you want to quit during setting, you may hold on MODE button for 2 seconds to quit, the previous setting profile will be saved for unfinished segment.

7. Training in H.R.C. mode：

The monitor will calculate preset heart rate value automatically according to your age setting. Screen will show heart rate percentage 55%, 75%, 90% and TARGET. You may select heart rate percentage by UP/DOWN/MODE button for training. (drawing 17)



drawing 16



drawing 17

8. Training in WATT mode :

The preset watt value 120 is flashing on screen in WATT setting mode, select UP/DOWN/MODE to set target value from 10 to 350. Pressing START button to start training.

Note :

1. Stop training or no signal over 4 minutes, the screen will off and enter into power saving mode.
2. When computer displays abnormally, please plug-out the adapter and plug-in again.
3. MP3 compatible, user may plug in MP3 player to MP3 plug jack.

IMPORTANT INFORMATION REGARDING SERVICE

In you have any problems, please contact Mylna Service. Our consultants have extensive experience and will help you with questions about products, installation, ordering spare parts or any errors and omissions.

We would like you to contact us before contacting the store so we can offer you the best help.
Please visit our website www.xerfit.fi - here you will find information about the products and user manuals in Finnish and English. On our website you can find a contact form and this gives us the information we need to assist you as efficiently as possible.